

STATE HEALTH BENEFIT PLAN NON-TOBACCO USERS SURCHARGE WAIVER POLICY JANUARY 1, 2008

Non-tobacco users have the opportunity to have their tobacco surcharge removed by completion of a wellness requirement. Members will need to answer a Health Assessment Questionnaire and access wellness information on their Health Plan's website. Removal is on a prospective basis only and SHBP will NOT make refunds for previous health deduction premiums as IRS rules do not allow premium changes to be made retroactively.

Specific instructions for accessing the Health Assessment Questionnaire and wellness information are attached. Members will need to access the website offered by the Health Plan Option in which they are enrolled.

Members who have not used tobacco products in the past 12 months and complete this program will have the tobacco surcharge removed from future premium payments for the Plan Year.

Upon completion of the wellness requirement, members should obtain the Non-Tobacco User's Affidavit Form available online at www.dch.georgia.gov/shbp_plans. Once the member has read and signed the affidavit, he must submit it to his payroll location/benefit coordinator for submission to the SHBP.

INSTRUCTIONS ON HOW TO ACCESS THE HEALTH RISK ASSESSMENT

BlueChoice

1. Click on www.bcbsga.com.
2. Click "Members" and "Login" or click "Register Now" for first time users.
3. From Main Menu, "Click Here for WebMD Health and Wellness Information".
4. Register through WebMD if you are a new user.
5. If you are a Returning User, enter Username, Password and click "go".
6. Under Health Tools, click on "Health Assessment".
7. Click on "Take Assessment".
8. Select button under "Who are you taking this assessment for?"
9. Click on "submit" and complete the assessment.
10. **In addition to completion of the Health Assessment, you must download and review information from any wellness topic of interest.**

If already a member, you may click here:

<https://www.webmdhealth.com/eHealth/default.aspx?exid=bcbsga&ispostback=true&secure=1>. You will need to login in and then click on Mini Health Assessments.

Lumenos HRA under BlueCross BlueShield of GA

1. Click on www.lumenos.com.
2. Click on "Log In: I am enrolled" or "I want to learn more".
3. Enter Username and Password or follow directions to create Username and Password.
4. Click on "My e-Checkup" under Welcome and your name.
5. Complete "My e-Checkup".
6. **In addition to completion of the e-Checkup, you must download and review information from any wellness topic of interest.**

UnitedHealthcare – PPO, Choice (HMO), High Deductible Health Plan and Definity HRA

1. Click on www.myuhc.com.
2. Click on "Site Login" and enter Username and Password or "Need a user name and password" if a first time user.
3. Click on "Health & Wellness" tab located on the top right hand corner.
4. On the Health & Wellness homepage, click on "Take a Health Assessment" located in the middle of the page.
5. Read the privacy information and then click on "Launch University of Michigan Health Assessment" in the middle of the page.
6. Answer the questions and hit "Submit to the University of Michigan for Analysis" at the bottom of the questionnaire.
7. Review your personal results profile. You may also print for your records. Your completed health assessment will personalize your online health & wellness experience.
8. **In addition to completion of the Health Assessment, you must download and review information from any wellness topic of interest.**

Kaiser Permanente

1. Click on www.kaiserpermanente.org.
2. Click on "Thrive with Kaiser Permanente".
3. Click on "Healthy lifestyle programs".
4. Click on "Get a personalized total health assessment".
5. Click "Continue".
6. Click on "Been here before?" or "New to this site?" If answering New, you must enter "Your Health/Medical Record Number" and "Select the area in which you are a Kaiser Permanente member" Answer - Georgia.
7. Click on "Health Assessment" .
8. Complete Health Assessment.
9. **In addition to completion of the Health Assessment, you must download and review information from any wellness topic of interest.**

If you have trouble with the Health Assessment or Wellness Information, please contact the Customer Service Unit of your Health Plan Option.

Name	Telephone #
BlueCross BlueShield of GA	
BlueChoice HMO	800-464-1367
Lumenos	866-835-6863
Kaiser Permanente	800-611-1811
United Healthcare	
PPO/Indemnity	877-246-4189
High Deductible Health Plan	877-246-4195
Definity HRA	800-396-6515
Choice (HMO)	866-527-9599